### Managing Emotions More Effectively
(1 Day Workshop)

#### Course Outline

**Description:**
Family personal and work relationships are challenging. When you have the skills to manage emotions, both theirs and yours more effectively, it is life changing. By learning more about emotions such as fear, anxiety, anger, hurt, frustration it becomes easier to not be emotionally hijacked. This one day workshop on Emotional Intelligence (Ei) is an invaluable resource for giving you strategies to be less reactive within all your relationships, both on a personal and professional level.

**Content**
- Increased understanding of self and others.
- The biological basis for our emotional responses
- Tips for how to be less reactive in relationships
- Techniques for reducing stress and gaining greater self confidence.
- How to use our self/other awareness as workplace tool

**Benefits**
- Relaxed friendly atmosphere and experienced facilitator
- Very affordable prices
- Less affected by other attitudes/opinions/behaviour
- Understanding of how emotions impact on responses
- Stronger self management skills
- More able to act not react through self/other awareness

**Facilitator**
Christine Richardson has nearly two decades of experience, designing and presenting seminars, courses, workshops and training programs within the public and private sector.

Committed to Community Education, Christine balances her private training/consultancy work with her role as the Co-ordinator of Tuart College’s Personal Development Department. Her passion in the area of self-management and emotional competency has seen her become a well-respected and highly skilled facilitator. In her courses she offers a relaxed, friendly learning environment – and some fun.